

441—187.3(234) Services and supports provided. The aftercare program shall provide the following services and supports to eligible youth:

187.3(1) *Individual self-sufficiency plan.* Each youth shall have an individual self-sufficiency plan based on an assessment of the youth's strengths and needs. The plan shall identify:

- a. The youth's goals for achieving self-sufficiency;
- b. The target date for reaching the goals; and
- c. The tasks, responsible parties, time frames, and desired outcomes needed to reach the goals.

187.3(2) *Life skills services.* The program shall provide life skills services to enable youth to maintain a safe, healthy, and stable home.

187.3(3) *Vendor payments.* The program shall make vendor payments to meet direct expenses of the participant that are necessary in order to meet goals of the participant's self-sufficiency plan.

a. *Need.* To receive a vendor payment, the youth must demonstrate that there are no other means to meet these needs. Youth receiving a PAL stipend are not eligible for a vendor payment.

b. *Scope.* Vendor payments may include but are not limited to:

- (1) Life skills training;
- (2) Transportation assistance;
- (3) Employment and education assistance;
- (4) Clothing; and
- (5) Room and board.

c. *Maximum payment.* The amount available for a 12-month period of service shall not exceed \$1200 per youth.

187.3(4) *Follow-up.* The program shall maintain individual face-to-face contact with the youth at a frequency as defined in the youth's self-sufficiency plan to ensure that the youth is meeting the goals of the plan.

187.3(5) *Ongoing assessment.* Ongoing assessment activities shall be directed toward:

- a. Monitoring the progress being made in the youth's ability to achieve self-sufficiency; and
- b. Coordination and evaluation of the services and supports being provided to reach the self-sufficiency goal.

187.3(6) *Case management.* Case management activities shall include, but not be limited to:

- a. Community involvement services to enable the youth to access community resources; and
- b. Development of support systems, including services to assist the youth in establishing or reestablishing relationships with significant adults.